



BE BOLD • BE DIFFERENT • BLEND-IN

PRODUCT NUTRITIONAL INFORMATION

YOGURT – VANILLA (SWEET & TART) & CHOCOLATE

Per One Ounce of Yogurt (No Blend-Ins)

	Vanilla	Chocolate
Calories	16	17
Fat	0 gm	0 gm
Protein	2 gm	2 gm
Carbohydrates	4.25 gm	4.25 gm
Sodium	10 mg	11 mg
Cholesterol	0	0
Dietary Fiber	0	1
Sugars	3.25 gm	3.25 gm
Calcium	10% of daily	10% of daily

Nonfat Sweet Vanilla Yogurt and Nonfat Tart Vanilla Yogurt

Grade A Skim Milk (contains viable yogurt cultures *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Lactobacillus acidophilus*), Fructose, Nonfat Dry Milk, Xanthum, Guar Gum, Whey, Lecithin, Carrageenan, Pure Vanilla, Annatto Seed.

Nonfat Chocolate

Grade A Skim Milk (contains viable yogurt cultures *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *Lactobacillus acidophilus*), Fructose, Nonfat Dry Milk, Xanthum Gum, Guar Gum, Whey, Lecithin, Carrageenan, Pure Vanilla, Annatto Seed.

HUMPHREY YOGURT

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COCONUT BLISS

Serving Size 1/2 Cup

Amount Per Serving

Calories 280

Fat Calories 130

Daily Value*

Total Fat	17g	26%
Saturated Fat	15g	75%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrate	16g	5%
Dietary Fiber	1g	4%
Sugars	12g	
Protein	1g	

Vit. A 0% Vit. C 0% Calcium 0% Iron 4%

*Percent Daily Values (DV) are based on a 2,000-calorie diet

Ingredients: Organic Coconut Milk (Organic Coconut, Water, Organic Guar Gum*), Organic Agave Syrup, Organic coconut cream, Organic Dried Coconut, Organic Coconut Extract, Organic Vanilla Extract.

**A tiny amount of organic guar gum (less than 0.35%), which is made by grinding the fiber-rich Indian guar bean, to help maintain Coconut Bliss's creamy texture.*

USDA organic, verified non-GMO, K Pareve

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DREAM DELITE VANILLA

Serving Size 1/2 Cup

Amount Per Serving

Calories 36 Fat Calories 0

		Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	40mg	2%
Total Carbohydrate	8g	3%
Dietary Fiber	1g	4%
Sugars	7g	
Protein	1g	

Vit. A 0% Vit. C 0% Calcium 15% Iron 0%

*Percent Daily Values (DV) are based on a 2,000-calorie diet

Ingredients: Water, Crystalline Fructose, Sweet Milk Whey, Cocoa (chocolate only), Cultured Nonfat Milk, Maltodextrine, Cellulose Gum, Xanthan Gum, Carrageenan, Probiotic Culture Blend (Lactobacillus acidophilus, L. bulgaricus, Bifidobacterium bifidum, Streptococcus, Thermophilus), Silicon Dioxide, Vanilla Flavor.

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CARB D'LITE VANILLA

Serving Size 1/2 Cup

Amount Per Serving

Calories 32 Fat Calories 0

		Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	50mg	2%
Total Carbohydrate	7g	3%
Dietary Fiber	0g	0%
Sugars	3g	
Sugar Alcohols	1g	
Protein	1g	

Vit. A 0% Vit. C 0% Calcium 10% Iron 0%

*Percent Daily Values (DV) are based on a 2,000-calorie diet

Ingredients: Water, Sweet Milk Whey, Xylitol, Maltodextrine, Cocoa (chocolate only), Cellulose Gum, Xanthan Gum, Carrageenan, Vanilla Flavor, Probiotic Culture Blend (Lactobacillus acidophilus, L. bulgaricus, Bifidobacterium bifidum, Streptococcus thermophilus), Sucralose.

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VANILLA BEAN SOY CREAM

Serving Size 1/2 Cup

Amount Per Serving

Calories 180

Fat Calories 70

		Daily Value*
Total Fat	8g	12%
Saturated Fat	0.5g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	90mg	4%
Total Carbohydrate	26g	9%
Dietary Fiber	less than 1g	3%
Sugars	21g	
Protein	2g	

Vit. A 0% Vit. C 0% Calcium 0% Iron 4%

*Percent Daily Values (DV) are based on a 2,000-calorie diet

Ingredients: Organic Soy Milk (filtered water, organic soybeans), Organic Cane Sugar, Oleic Safflower Oil, Non-GMO Brown Rice Syrup Solids, Natural Flavor, Sea Salt, Guar Gum, Carob Bean Gum, Carrageenan, Ground Vanilla Beans.

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ICE CREAM

Serving Size 1/2 Cup

Amount Per Serving

Calories	350	Fat Calories	190	
				Daily Value*
Total Fat	21g			33%
Saturated Fat	11g			57%
Trans fat	0g			
Cholesterol	65mg			21%
Sodium	125mg			5%
Total Carbohydrate	26g			9%
Dietary Fiber	1g			6%
Sugars	24g			
Protein	6g			

Vit. A 10% Vit. C 0% Calcium 10% Iron 8%

*Percent Daily Values (DV) are based on a 2,000-calorie diet

Ingredients: Cream, Milk, Cane Sugar, Peanut Butter (peanuts, peanut oil, salt, fudge chips (sugar, coconut, cocoa, butter oil, soy lecithin, vanilla), Egg Yolks, Natural Vanilla Flavor, Carob Bean Gum, Guar Gum.